

WINNIPEG metro



Bombers settle kicking battle

Team opts for veteran Mike Renaud and newcomer Lirim Hajrullahu, sending Brett Maher packing **PAGE 21**

Starbucks picks up cheque for student baristas

Company partners with online university to offer undergrad degree at big discount **PAGE 7**

Something smells fishy ...

And it could help heal inflammation and keep cancer at bay. Try some turmeric-rich, pan-fried fish for your next dinner **PAGE 12**

WORLD CUP ROUNDUP: DAY 5

GERMANY HAS A FIELD DAY VS. PORTUGAL, WHILE THE U.S. GETS REVENGE AGAINST GHANA **PAGE 22**



BIG SEND-OFF FOR BIG RIDE

Six-time Olympic medallist and Winnipeg's own Clara Hughes departs from her old stomping grounds at Elmwood High School on Monday, on her way to Kenora as she continues Clara's Big Ride in support of mental health awareness. For more on her hometown stop, see page 3. BERNICE PONTANILLA/METRO

Man leapt from 9th floor to evade arrest, police say

Central Park. Suspect faces several surgeries following ill-fated escape attempt during raid



SHANE GIBSON
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Police say a man taken to hospital in critical condition after a fall from a ninth-floor apartment window in the Central Park area Sunday had jumped to avoid arrest in a drug and weapons raid.

Patrol members and the tactical support team raided a suite in the apartment at 360 Cumberland Ave. just before 10 p.m. and arrested four of the five occupants.

The fifth suspect, police allege, jumped from a window in the suite, landing on a third-floor parking lot six storeys below.

"The injuries he sustained are serious," said police spokesman Const. Jason Michalyshe. "The priority for that individual (is) obviously to receive the medical treatment he requires and he will be processed accordingly at an appropriate time."

The man, who police are still working to identify, has a series of surgeries ahead of him but is now in stable condition.

During the raid, police seized three handguns, a sawed-off .22-calibre rifle, ammunition and magazines, a small amount of crack cocaine, trafficking

paraphernalia, and an undisclosed amount of cash.

Michalyshe said the unusual escape attempt meant officers went from trying to make an arrest to trying to save a life within minutes of entering the apartment.

"People try to run away from police on a daily basis ... (but) the uniqueness to this is the lengths that this individual went and the risk he put himself in," he said.

"We had to switch gears very quickly."

All five men, ranging in age from 18 to 26, face numerous drug and weapon-related offences. The four arrested in the suite have been detained in custody.

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P O L O P A R K S H O P P I N G C E N T R E 2 0 4 . 7 8 6 . 2 3 6 8

Vehicle insurance

Bad winter to blame for rate increase: MPI

Manitoba drivers could end up paying more for insurance if the province's public insurer gets its wish. Manitoba Public Insurance is seeking a 3.4 per cent rate increase from the Public Utilities Board. The insurer says poor driving conditions this past winter led to a record number of claims.

Dan Guimond, president of MPI, says claims costs jumped by 13 per cent over last year. He says the rocky global economy, increasingly complex vehicle repairs, and higher inflation are also behind the request for a rate increase. Guimond says the hike would cost an extra \$20 a year for more than half of all drivers.

THE CANADIAN PRESS

The Maples

Cops search for suspicious man

Police are looking for a suspect, after a suspicious man approached a 14-year-old girl in the Maples Friday afternoon. The teen was in the 1300 block of Jefferson Avenue around 12:45 p.m. when an unknown man came up to her and began touching her on her head, neck and face. The girl fled and was not injured. The suspect is East Indian, in his late 40s or early 50s, with a medium to heavy build. He has a long white beard and was wearing a turban and a white robe at the time.

Anyone with information should call police at 204-986-2848 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Boreal forest needs more protection: Report

Two environmental groups are calling for more protection of the boreal forest in northern Manitoba, which they describe as an important animal habitat and key protector of water quality.

A report by Ducks Unlimited Canada and the Boreal Songbird Initiative calls for 50 per cent of the forest to be

protected from development. It suggests the other half could be developed cautiously with an eye to ecosystem protection.

The forest has attracted international attention because it is mostly intact and it's huge. At 570,000 square kilometres, it's larger than such countries as Sweden. The federal government, along with Manitoba

and Ontario, is trying to get a large swath of the forest along the interprovincial boundary recognized as a UNESCO world heritage site.

There has been limited development in the area, but more is on the horizon. Manitoba Hydro is developing new generating stations and there are mining possibilities.

The report applauds recent moves by the Manitoba government. About 12 per cent of the region is firmly protected and more areas are to be soon.

The province is planning a new provincial park to protect polar bear denning areas along Hudson Bay, among other initiatives.

THE CANADIAN PRESS

Olympian's Big Ride makes a pit stop at former high school

Clara's Big Ride.

Winnipegger says she's thankful for local support as she bikes across Canada to talk about mental illness



BERNICE PONTANILLA
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Clara Hughes, Winnipeg's most-decorated Olympian, received a huge welcome and send-off on her cross-Canada bike tour from students at her former high school on Monday.

The cyclist and speedskater, who has won six medals in summer and winter Olympics, arrived in the city in the midst of a massive downpour on Saturday as part of Clara's Big Ride, a 110-day odyssey that has already taken the Olympian through the Maritimes, northern and western Canada in support of mental health.

On Monday, she was at Elmwood High School showing off her Olympic hardware while also sharing her experiences battling depression.

Heroes of Mental Health

The Canadian Mental Health Association is calling for nominations for the 2014 Heroes of Mental Health awards in eight categories.

- For more information on the nominations, which close Aug. 8, go to winnipeg.cmha.ca.

"I can honestly say with the support of Winnipeg since we rolled into town in that torrential rain, all the people that came out to Clara Hughes Recreation Park and then the Manitoba Big Social, all raising money for the CMHA Winnipeg ... has been phenomenal," Hughes said, just before pedalling away to Kenora on her ride's day 95.

Hughes also encouraged students struggling with a mental illness to seek help, and for those witnessing their friends struggling to lend a hand.

Premier Greg Selinger, who also attended the event at Elmwood, touted Manitoba's controversial anti-bullying legislation and the WRHA's Crisis



Clara Hughes speaks to students at Elmwood High School about her battle with depression over the years. BERNICE PONTANILLA/METRO

Response Centre.

"She's got all Manitoba behind her; it rained love in (Winnipeg) when she came in on Saturday and it's going to rain love all the way through to Ottawa," he said.

Ottawa is Hughes' final destination on July 1.

"She has not only the wind at her back, she has over a million Manitobans who've got her back as well," added Selinger.

1 NEWS

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TRANSIT TUESDAY

Weekly Transit News Update



NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald Streets) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

DO YOU HAVE 10 MINUTES FOR YOUR PUBLIC LIBRARY?

The Winnipeg Public Library would like to get your input to help shape their future. Attend an Ideas Fair or fill out the online survey at inspiringideas.wpl.winnipeg.ca and you could win an iPad mini for taking the survey. Look for library staff on Graham Avenue June 18 and June 19.

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A man observes the remnants of destroyed vehicles and buildings Monday in the town of Mpeketoni, about 100 kilometres from the Somali border on the coast of Kenya, following an attack by dozens of militants. THE ASSOCIATED PRESS

Al-Shabab gunmen kill 48 in Kenyan town

Tourists warned off. Islamic extremist attacks on the rise in country once viewed as bastion of stability in East Africa

The gunmen went door to door in the Kenyan town, demanding to know if the men inside were Muslim and if they spoke Somali. If the extremists did not like the answers, they opened fire, witnesses said on Monday.

Al-Shabab, a Somali group

linked to al-Qaida, claimed responsibility for the hours-long assault on the coastal community of Mpeketoni, where 48 people were killed.

The attack began Sunday as residents watched World Cup matches and lasted until early Monday, with little resistance from Kenya's security forces.

After daybreak, Kenyan troops and residents stared at the bodies lying on dirt streets by still-smouldering buildings.

The attack highlights the growing incidence of Islamic extremist violence in a country once seen as the bastion of stability in East Africa, drawing tourists from around the world

for safaris and beach holidays.

The merciless life-or-death religious assessment recalled al-Shabab's attack on an upscale mall in Kenya's capital, Nairobi, last September in which at least 67 people were killed, some of them after not being able to answer questions about Islam.

The Interior Ministry said that at about 8 p.m. Sunday, two minivans entered the town. Militants disembarked and began shooting.

At the Breeze View Hotel, the gunmen pulled the men aside and ordered the women to watch as they killed them, saying it was what Kenyan

troops are doing to Somali men in Somalia, a police commander said on condition of anonymity because he was not authorized to share details of the attack.

"They came to our house at around 8 p.m. and asked us in Swahili whether we were Muslims. My husband told them we were Christians and they shot him in the head and chest," said resident Anne Gathigi.

The U.S., U.K., France, Australia, and Canada have all recently upgraded their terror threat warnings for the country.

THE ASSOCIATED PRESS

Lac-Mégantic

Quebec seeks damages from insolvent railway

The Quebec government is adding its name to a list of creditors seeking money from the insolvent railway company at the heart of the Lac-Mégantic train disaster.

The government said Monday that it is seeking \$409 million from the

Montreal, Maine & Atlantic Railway for expenses incurred and yet to come that stem from the July 6, 2013, tragedy, in which 47 people were killed.

The government said it has already spent \$126 million in public funds and suggests that future costs relating to the rebuilding of Lac-Mégantic could be in excess of \$283 million.

THE CANADIAN PRESS

Europe unaffected

Russia halts flow of natural gas to Ukraine

Russia halted natural gas deliveries to Ukraine on Monday, spurning Ukraine's offer to pay some of its multibillion-dollar gas debt and demanding upfront payments for future supplies.

The decision, coming amid deep tensions over

eastern Ukraine, does not immediately affect the crucial flow of Russian gas to Europe.

Ukraine has enough reserves to last until December, according to the head of its state gas company Naftogaz.

Previous gas disputes left Ukraine and some Balkan nations shivering for nearly two weeks in the dead of winter.

THE ASSOCIATED PRESS

Move to East Coast turns into a bad drug trip for Metro reporter

Halifax. All of Kristen Lipscombe's belongings seized when nearly \$9M worth of pot and heroin found in moving truck



RUTH DAVENPORT
Metro in Halifax

Most Canadians who have had to relocate from one point of our vast country to another know that a big move will come with at least one glitch.

In Kristen Lipscombe's case, the glitch came in the form of nearly \$9 million worth of hash, pot and heroin hidden aboard the moving truck that picked up all her worldly goods in Calgary on June 3.

"All you can do is laugh," said Lipscombe on Monday — her first day on the job as Metro Halifax's new sports re-



Kristen Lipscombe sits in her bare condominium in Halifax on Monday. JEFF HARPER/METRO IN HALIFAX

porter. "I have to have a positive attitude and look at it as another life experience and a really good story."

Lipscombe has moved several times in her life, so she wasn't entirely surprised

when the truck didn't arrive in Halifax as scheduled last Thursday.

But the reason she got from the moving company the next day — Friday the 13th, no less — was a shock.

"It was literally, 'We have some not-so-great news for you,'" said Lipscombe. "My first thought was, 'There was some sort of accident — my stuff's all over the highway.'"

In fact, Lipscombe's stuff

Quoted

"I'm concerned about my personal belongings.... I don't know how they've been handled, I don't know if all my boxes have been opened and sorted through, if they've gone through my skivvies." Kristen Lipscombe

was safely aboard the truck — but was surrounded by boxes of pot and bricks of heroin.

It was all seized at the Edmonton airport by members of the Alberta Law Enforcement Response Team, who found more drugs in a storage facility.

Five men — three from Edmonton and two from Chilliwack, B.C. — were arrested, one of whom itemized and signed for all of Lipscombe's belongings in her Calgary condo.

Lipscombe says it's a funny story in some ways — but not in others.

"I have, obviously, individ-

uals who shouldn't be trusted dealing with all of my personal belongings. It's disturbing," she said.

Information has been hard to come by, but it appears Lipscombe's goods have been released, and are on their way to Halifax.

She said she has enough to get by for a few days, but is hoping it arrives sooner rather than later — and with some kind of discount.

"Moving is one of the most stressful life events ... so add on the fact that my stuff is in the middle of some drug investigation, and that's the icing on the cake," she said.

Canada-U.S. relations more than just Keystone: Clinton

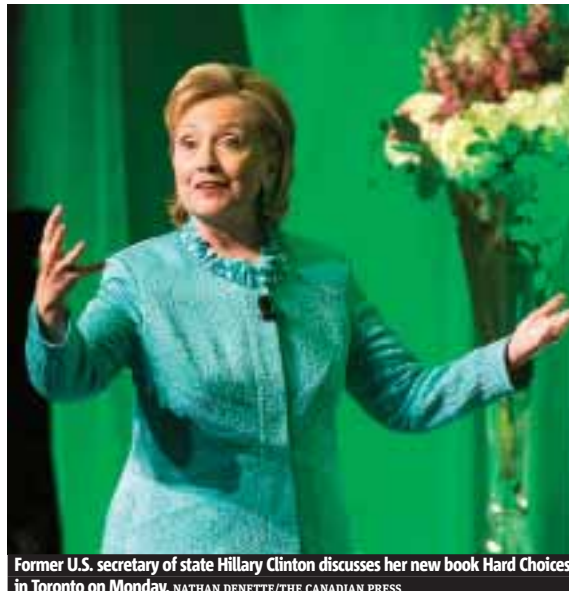
Washington's long-awaited decision to approve or reject the Keystone XL pipeline should not become a symbol of the relationship between the United States and Canada, former U.S. secretary of state Hillary Clinton said Monday.

Speaking in Toronto before a business crowd of roughly 1,800 people, Clinton said the controversial project — designed to move Alberta crude oil to the Gulf Coast — has become "a proxy for everything" as proponents and critics lock horns over its fate.

"However this Keystone decision is finally made, some people are going to be very happy, relieved and think it was the right decision — and some people are going to be distraught and even angry and upset, thinking it was a terrible decision," she said.

"I do not see it, though, nor should it be a proxy for the relationship. It is, after all, one pipeline. We already have a lot of pipelines that cross our border."

American approval of the pipeline has been stalled in the U.S. while the Obama ad-



Former U.S. secretary of state Hillary Clinton discusses her new book *Hard Choices* in Toronto on Monday. NATHAN DENETTE/THE CANADIAN PRESS

ministration drops hints that Canada must do more on the environment.

The TransCanada Corp. project should be part of a wider discussion on energy and the environment, Clinton said.

"I do believe that both

Canada and the United States can become even richer, more prosperous, but also more environmentally sustainable by having a broad engagement over energy and climate, and not focusing everything on this one decision."

THE CANADIAN PRESS

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hitchBOT: The robo-charmer

This summer.

This robot will be programmed to be so charming that drivers will give it a ride



THANDI
FLETCHER
Metro in Vancouver

If you see a Wellington boot-wearing robot with garden gloves for hands on the side of the road this summer, don't be afraid to pull over.

It's only hitchBOT, the hitchhiking robot who will be attempting to bum rides across the country one car at a time. The robot, departing on its coast-to-coast journey from Halifax July 27, will rely only on its hitchhiking arm and ability

to charm drivers into giving it a lift in its goal to reach Victoria, B.C.

"It is quite cute," said Frauke Zeller, hitchBOT co-creator and assistant professor in Ryerson University's School of Professional Communication.

Still in the process of being made, hitchBOT will consist of various household items, like pool noodles, a bucket, a cake saver, garden gloves and Wel-

lies, with a built-in child car seat attached. The robot has been programmed to be so charming that drivers will give it a ride. The robot's creators hope to answer the question of whether robots can trust humans by sending it hitchhiking. It will be placed on the side of the road where it will stick out its thumb. Follow the journey on Twitter and Instagram at @hitchBOT.



An artist's rendering of hitchBOT, the hitchhiking robot. CONTRIBUTED



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China. Ai Weiwei sparks Internet meme with photo of legs as guns

Days after sparking a new Internet meme with photos of people brandishing their legs as guns, Chinese dissident artist Ai Weiwei said Monday that his original posting on Instagram was a statement about the overuse of power in fighting terrorism.

China is in the midst of an anti-terror campaign prompt-

ed by several high-profile attacks on civilians over the past year blamed on Muslim militants from the country's far western Xinjiang region.

Scores of people have been arrested in Xinjiang, security on subways has been tightened and many local police are now carrying guns for the first time. **THE ASSOCIATED PRESS**



On Instagram, Ai Weiwei aims his leg as a rifle. AI WEIWEI/THE ASSOCIATED PRESS

Maine

Gun tattoo and the real thing, too

A man with a realistic-looking tattoo of a gun on his stomach had the real thing tucked into his waistband when he was arrested.

Michael Smith, 41, told police he'd stolen prescription narcotics from an ex-girlfriend.

He was charged with stealing drugs, and his gun was confiscated.

He was released from jail on \$1,000 bail. He couldn't be reached for comment. Madison police said Smith isn't facing any gun charges.

THE ASSOCIATED PRESS

Florida

Big guy hid drugs under fat: Cops

A man who weighs 200 kilograms faces charges, after Florida police say he hid cocaine and 23 grams of marijuana under stomach fat.

A sheriff stopped a vehicle because the passenger wasn't wearing a seat belt. When the occupants of the vehicle seemed nervous, the officer called for a police dog.

The animal detected the drugs and Christopher Mitchell, 42, and the driver were arrested.

Police say they also found a gun and \$7,000 in cash. **THE ASSOCIATED PRESS**

Starbucks brews up tuition subsidy for undergrad baristas

Job perks. Company to subsidize tuition for U.S. employees who choose online courses at Arizona State; could expand internationally

Starbucks is giving its baristas a bargain on an online college degree.

The company is partnering with Arizona State University to make an undergrad education available at a steep discount to 135,000 U.S. employees who work at least 20 hours a week. Workers can choose from 40 educational programs, and they won't be required to stay at Starbucks after earning the degree.

For freshman and sophomore years, students would pay a greatly reduced tuition after factoring in a scholar-

ship from Starbucks, ASU and financial aid, such as Pell grants. For the junior and senior years, Starbucks would reimburse any money that workers pay out of pocket.

That means employees who already have two years of college under their belts would be able to finish school at no cost.

Tuition reimbursement is a rare benefit for low-wage workers in the retail industry. In 2010, Wal-Mart Stores Inc. started offering partial tuition grants for workers at American Public University, a for-profit, online school.

Starbucks already has a program that reimburses workers for up to \$1,000 a year at City University of Seattle or at Strayer University. Starbucks says that will be phased out by 2015 in favour of the new program, which is far more generous.

THE ASSOCIATED PRESS



Starbucks barista Linsey Pringle prepares a cup of coffee at a store in Seattle. Starbucks on Monday announced a new partnership with Arizona State University to make online degrees available to its 135,000 U.S. employees who work at least 20 hours a week. TED S. WARREN/THE ASSOCIATED PRESS FILE

Looking ahead

- Cliff Burrows, head of the Americas for Starbucks, said he hopes the program will encourage other companies to offer similar benefits. He added that Starbucks plans to look at expanding the educational perks to workers overseas.
- The Seattle company doesn't know how many of its workers will apply, and it isn't saying how much the program might cost it. Tuition for an online degree at ASU is about \$10,000 a year, although it can vary depending on the program. Many Starbucks workers would likely qualify for a Pell grant, which can be worth as much as \$5,730.

Greenpeace worker loses millions on currency hedge gone terribly wrong

Greenpeace has suffered a \$5.2-million US loss on an ill-timed bet in the currency market by a well-intentioned — if reckless — employee in its finance department.

The environmental group, which is based in Amsterdam, said Monday the employee — who had bet the euro would not strengthen against other currencies in 2013, when it did — had acted beyond the limits of his authority.

Greenpeace International fired the employee, whom it did not identify, but said there was no evidence of fraud.

"Every indication is, this was done with the best of intentions but not the best of judgment," said spokesman Mike Townsley in a telephone interview from Mexico.

He said the organization was deeply concerned that the incident would offend its supporters, and apologized. Greenpeace does not accept contributions from companies or governments and is funded entirely by individuals.

Responsibility lies partly with the employee and partly

Cutting its losses

- Townsley of Greenpeace said the organization has already taken steps to strengthen financial controls to prevent such incidents in the future.
- The group said it would absorb the loss by cutting planned investments in "infrastructure" and pledged not to reduce spending on campaigns and protest actions.

with the organization, Townsley said.

The employee was a financial expert whose job included currency trades to protect the organization from fluctuations in the market. He was not qualified, however, to undertake trades on the scale he did, Townsley said. In addition, he ignored company rules, under which he should have checked with supervisors and probably hired an

external expert for advice on how to manage risks, Townsley added.

"Hindsight is 20/20, but we believe if he had followed rules and procedures this wouldn't have happened," said Townsley.

He said the employee was fired for ignoring rules, not for the loss itself, which — although sizeable compared with donor contributions — amounts to a fraction of the organization's annual revenues of around 300 million euros, or \$406 million US.

Gerald Steinberg, the president of NGO Monitor, which studies accountability at non-profit organizations, said it would be normal for a non-profit organization that large to turn to external experts to oversee at least some of the more complex aspects of its finances.

"It's big business," he said. "But what you see sometimes at an organization like this is that its ability to manage finances has lagged behind its ability to solicit and raise funds." THE ASSOCIATED PRESS

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Wages. Canadians get paid about the same as Americans, study finds

Wage levels in Canada are generally in line with those in the United States, says an internal government study, suggesting the pay packets of Canadian workers pose no special competitive disadvantage.

The research, by Employment and Social Development Canada, found that since the 2008-2009 global financial crisis, any average differences in the two countries' wage lev-

els have largely disappeared.

Less educated Canadians earn slightly higher wages than their American counterparts, but well-educated Canadians earn slightly less.

The result appears to be a more equalized wage economy that is well-positioned internationally to compete with Canada's largest trading partner and others.

THE CANADIAN PRESS



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Recently engaged couple Alan Linic and Claire Meyer are experts when it comes to PDA: publicly displaying arguments. The pair has been documenting their fights from their shared Twitter account aptly named @WeFought-About since August 2013. The feed — which now has over 21,000 followers — offers a humorous glimpse into the mundane reasons behind the couple's domestic squabbles including disagreements over television shows, haircuts and computer passwords.

While Linic and Meyer are happy to broadcast their quirky romantic quarrels to thousands of followers, most of us have a bit more restraint when it comes to sharing our personal lives online. Some couples are even going so far as to draw up formal contracts to govern what they can and can't post about each other online.

We might be living in a digital world but I think couples need to exercise a little common sense regarding social media



SHE SAYS
Jessica Napier
metronews.ca

etiquette. Uploading an unflattering photo of your fiancé to Facebook is pretty thoughtless, but it isn't exactly a relationship deal-breaker and it shouldn't require legal intervention.

And yet an increasing number of couples are turning to third-party experts to help them navigate their expectations concerning online behaviour.

New York-based attorney Ann-Margaret Carrozza appeared on a recent episode of Good Morning America to discuss the rise of social media clauses in prenuptial agreements. Customizable lifestyle contracts are designed to prevent partners from posting private, embarrassing or potentially incriminating content about one another on social networking sites.

The consequences for individuals who violate the behavioural prerequisites outlined in a prenup can range from simple punishments, like doing the dishes, to more serious penalties such as fines up to \$50,000, Carrozza said.

Whatever happened to communicating with your significant other openly and honestly? If you need to hire a professional to draw up a legally binding document to regulate what sort of content you can share about one another on the Internet, then you might want to consider whether or not your relationship is even ready for the next step.

Unless you're a Kardashian, you should understand that some parts of your private life should remain private.

Stop fretting about your fans and followers and remember that real relationships take place offline. Live-tweeting your romance shouldn't trump your partner's privacy concerns. While lawyers might be required to help negotiate some aspects of an upcoming marriage, complicated social media prenups shouldn't be one of them. Forget the hefty legal fees and just have an upfront conversation with your partner about your personal expectations and boundaries.

And remember to think twice before you Snapchat that sexy bedtime photo or tell off your mother-in-law on Twitter.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Rhinasseros friends



Rhinoceros Manuela and her donkey friend hang out at the Tbilisi Zoo, Georgia on Monday. The zoo keepers tried to help Manuela by putting the donkey in the same cage. The strategy worked and the animals have been living peacefully together since. SHAKH AIVAZOV/THE ASSOCIATED PRESS

Bummed out rhino cheered up by new donkey buddy

Animals in the zoo in Georgia's capital are not allowed to be lonely, even if it means they end up with rather unusual companions.

A female rhinoceros called Manuela has made friends with donkeys, after failing to hit it off with either zebras or goats, while a lion cub neglected by his mother has bonded with a puppy.

THE ASSOCIATED PRESS

Not quite lion and lamb, but pretty close

Tbilisi Zoo spokeswoman Mzia Sharashidze said Manuela got depressed after the death of her mate and became aggressive toward her caretakers.

They tried putting zebras in her enclosure, but they only returned the aggression. Then they tried goats, which ran away. But the donkeys had an instant calming effect.

Nearby, lion cub Shamba lives happily with a puppy.

THE ASSOCIATED PRESS

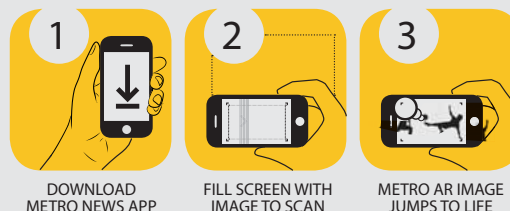
A friend in need

- Donkeys are well known on farms for having a calming effect on livestock. At weaning time a donkey can help ease the trauma of a foal being separated from its mother. The donkey has a relaxing influence on the foal and willingly takes on responsibility for its well-being. Donkeys also make good pals for grown horses recovering from injury or surgery.

SOURCE: DONKEYANDMULE.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 11 in Life and page 21 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Drone smackdown



ANDREW FIFIELD
andrew.fifield@metronews.ca

So if you're anything like us, this is the first time you've seen a hostile crowd take down a drone with whatever means available, before proceeding to smash it to pieces.

But, it's pretty safe to bet it won't be the last as the skies fill with the buzz of unmanned aerial surveillance. And an arsenal of promotional T-shirts won't be an adequate weapon set for long.
(Runnerazzi/YouTube)



METRO PHOTO ILLUSTRATION

DVD review



The Grand Budapest Hotel

Director. Wes Anderson

Stars. Ralph Fiennes, F. Murray Abraham, Adrien Brody

Eight features into a career of artisanal whimsy, Wes Anderson has “baked” his masterwork with *The Grand Budapest Hotel*, one of 2014’s best films. Every carefully arranged image is a visual treat and a comic delight.

Through the pink-frosted doors of the title retreat pass many familiar faces from Anderson’s previous films — people like Bill Murray, Owen Wilson, Tilda Swinton, Jason Schwartzman and Bob Balaban. But the most engaging and amusing of them is new to Anderson’s antics: Ralph Fiennes.

He’s Monsieur Gustave H., the concierge of the Grand Budapest, a man of fastidious manner and reckless charm. Gustave’s favourite guest is octogenarian Madame D. (Swinton), who adores him — and who wouldn’t? But she fears treachery as she prepares to return to her grasping son Dmitri (Adrien Brody) and other ungrateful offspring.

There’s an undercurrent of melancholy to *The Grand Budapest Hotel* that indicates how far Anderson has progressed from the studied irony of his early films. **PETER HOWELL**

The Antlers need just a little bit of patience

Familiars. Singer Peter Silberman talks how slowing down tempos helps him to be present in the moment

PAT HEALY

Metro World News in Boston

The Antlers have created a world where a cheerful mariachi horn can be right at home with classic soul chord progression and the heady dystopian plodding of Pink Floyd.

“I’ve been listening to Pink Floyd for so long that I’m sure it’s in there in a permanent way,” says singer and guitarist Peter Silberman.

On *Familiars*, the band’s third official album as a multi-member concern (Silberman released several bedroom-recorded cassettes under The Antlers moniker in the beginning) the one thing that unifies all of these disparate sonic elements is patience.

“That’s become my way of attempting to be present in songwriting,” says Silberman of the careful pace that defines the album, “and musically, I think that playing music is a much more present activity for me, and part of the reason that I tend to lean toward slower tempos is to negate the rush to the finish line. You know how when a song starts and it’s kind of catapulting towards the end of it? It’s something that lately I haven’t been interested in at all. I think you miss everything that happens in between with that approach. I enjoy patience in music and I enjoy trying to



The Antlers’ third official album as a band is called *Familiars*. MARC LEMOINE

cultivate that for myself.”

Silberman says that the other members of the band not only exercise patience when they’re playing, but also when the singer is revising lyrics right up to the deadline. “Through the last days of recording, I was still changing words,” he says.

Although he is able to keep himself at a slower tempo when recording his words, he does speed up when he speaks about it, still obviously excited to discuss the music.

“I wanted it to be the truest album, but I think reaching some sort of state of ultimate

Quoted

“There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly.”

The Antlers’ singer and guitarist Peter Silberman

truth is kind of impossible and I learned that over the course of this,” he says. “There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly. And I kind

of just drove myself crazy trying to make that happen, and I got as close as I could get, but there’s really no way to do it, since by nature of being human it’s going to be flawed, and have pieces that don’t quite fit together.”

Dragon Blade. Hollywood heavyweights join cast of massive Chinese film

John Cusack and Adrien Brody are set to join Jackie Chan in the upcoming film *Dragon Blade*

Discussing the announcement at the Shanghai Film Festival, Chan said that he was “really excited to be in a movie with two of the most respected

actors working today,” according to *The Hollywood Reporter*.

Built on a budget of \$65 million, the most expensive Chinese-language film in history is to start shooting in Silk Road stop Dunhuang City and within the Gobi.

AFF

Hollywood

Hiddleston to play Hank Williams

Tom Hiddleston has signed up to play country and western musician Hank Williams in the biopic *I Saw the Light*.

Hiddleston will not only portray Williams but act as vocalist during the movie’s musical performances. **AFF**

Batman v Superman. Jason Momoa to play Aquaman in new film

Hawaiian-born Jason Momoa (*Stargate: Atlantis*, *Game of Thrones*) is to become blonde-haired, telepathic underwater inhabitant Aquaman for *Batman v Superman: Dawn of Justice*. Ben Affleck is already in place as Batman, with Henry Cavill reprising the role of Superman. **AFF**



Jason Momoa **AFF**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

AdorbZzz photo makes us momentarily forget that Kanye West is Kanye West

MELINDA TAUB
Metro World News

Kanye West's ego is dwarfed only by his talent. In everything he does — music, fashion, general celebrity-ness — he pushes himself to be the very best. So of course if Kanye West takes a nap, it's going to be the very best nap of all time.



Kanye proved his domination at the nap game this weekend. Sunday was Father's Day and also happened to be the first birthday of North West, Kanye's daughter with

his new wife Kim Kardashian. Kim snapped the above pic of her family, snuggled up together for a ridiculously cute Dad's Day snooze.

"This is what life is about! Our baby girl turned 1 today! We played so hard they passed out while we were watching the game! Happy Father's Day to the best daddy in the world! The way you love our daughter and protect her makes me filled with so much love!" Kim captioned the photo on Instagram.

I hope Kanye continues to make fearless, groundbreaking music. However, if he does not — if he produces nothing but, say, a coffee-table book, filled with photos of him and North napping in matching outfits, dreaming of ba-bas and rap domination — would that be so bad?



Kristen Stewart GETTY IMAGES

Kristen wants Moore from her relationship with Demi

Kristen Stewart has her sights set on Demi Moore as a co-star and potential new BFF, according to Star magazine. "Kristen is making serious noise about befriending Demi, whom she's worshiped for years, and convincing her they should play a mother-daughter team in a new action comedy," a source says, explaining that Stewart thinks a film pairing "will help both their careers and somewhat depressing public images." Plus, it will help her attain a lifelong dream of working with the Indecent Proposal star. "It's been a long-held dream of Kristen's to star in a movie with Demi. She's been a fan of hers for a good 15 years and is on the hunt for a fun action role for her and Demi," the source says. "Demi's very receptive to working with Kristen, but it will all depend on what scripts she can muster."

Peace out, Potter: Radcliffe relishing life with a little less Harry

Daniel Radcliffe isn't living under the shadow of the Harry Potter franchise as much anymore, and he's thrilled about that. "People don't shout Harry Potter at me now. They tend to know my name, which is lovely," he tells Sky Arts.

"But I will always credit the opportunities I got from Harry Potter. I would not be a happy person if I was bitter about those 10 years of my life." Speaking of being happy, a big part of that for Radcliffe includes giving up alcohol, which he did in 2010, and dodging the anxiety being a successful child actor can bring.

"I would have benefited from not drinking as it was not making me as happy as I wanted to (be)," he says. "It is not a real pressure, but it is a pressure of living with the thought, 'Oh, what is (it with)



Daniel Radcliffe GETTY IMAGES

all these people saying I am not going to have a career? What if they are all going to be right, and will be laughing, and I will be consigned to a bunch of 'Where are they now?' lists?"



Nicole Kidman GETTY IMAGES

It appears that Kidman's girls have grown

Nicole Kidman made quite an impression on the red carpet at the Swisse Celebrate Life Ball in Melbourne recently, donning a Prada gown with a plunging neckline, and some are saying the Oscar-winning actress was showing off some newly enlarged assets. "It appears she has had a pretty im-

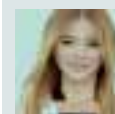
pressive breast augmentation. I suspect that she's gone from a big A or small B to a full C [cup size]," Dr. Anthony Youn, who has not treated Kidman, tells Radar Online. "Overall I think it looks good, although maybe a touch overdone. It's also possible she still has some swelling."

Twitter



@RuPaul

There's a difference between knowing the path and walking the path, and a difference between walking the path and sissingy that walk



@ChloeGMoretz

There are a few people in this world I love :)



@Sethrogen

I think my greatest skill is my ability to memorize the layout of a tv remote so I can hit buttons without looking.

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Scan the photograph below with your Metro News app to remind yourself how Shakira's hips just don't lie.

It's the workout that doesn't lie



Want a waist like Shakira? Try this workout. CONTRIBUTED

Celeb routine.
Shakira's personal trainer shows us how to banish the bulge

ROMINA
MCGUINNESS
Metro World News in London

"Most people crave that V-

shaped torso: that slight indentation that stops your upper body from being a straight line, which is what you end up with if you do too many straight up crunches," says Anna Kaiser, superstar Shakira's personal trainer.

Want to sculpt your waist? Do this workout five times a week — if you can!

1. SKI PLYOS

From plank position, jump both legs toward your left hand, then jump toward your right hand. That's one rep. Repeat jumping from side to side, trying to lift your hips into the air between landings. Do 10 reps.



2. SUPINE SWISS TWIST

Place a swiss ball between your legs and lie down on your back (legs extended towards ceiling). With your hands out in a T position and keeping your legs straight, lower your legs toward the floor (about halfway), and rotate the ball to the right, rotate back to centre, and then lift the legs back to the starting position. Repeat on the left. Do 10 reps.



3. JACKKNIFE WITH A TWIST

Stabilize in a plank position, with your shins on the swiss ball. Press down into the ball with your shins as you lift your hips toward the ceiling and bend your knees toward your chest. Aim your knees toward your left shoulder (twisting in your mid-section) as you finish bringing your knees toward you (feeling your obliques kick in). Return to plank and repeat on the right. Do 10 reps.



4. DOUBLE TAP OUTS

Start in a plank position on the floor. Tap your right toe out to the side at a 45-degree angle (keeping your right hip parallel to the floor). Then bend your knee and tap your right toe as close to your right shoulder as possible. Return to plank and repeat on the left. Do 10 reps.



5. TWISTING SIT UP

Lie down on your back, arms extended straight overhead on the floor. As you come all the way up to sit on your booty, lift your right knee toward your chest and twist toward the leg as you come into the seated position (arms come out to the side, spine straight). Lower back down. Repeat on the left. Do 10 reps.



6. SIDE PASSE DIP

Position yourself in a side plank, supporting your body with your left arm. Anchor your right foot on the floor, bend your left leg, and hold your left foot to your right knee (in passe). Maintaining that position, try to dip your left hip to tap the floor and come back up again. Do 10 reps.



NEED COOL DESIGN TIPS?

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every Thursday.



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umwalchu@myumanitoba.ca (preferred) or 204-997-5286

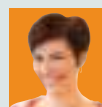


3 TIPS

Colourful spice gives your pan-fried fish cancer-fighting coating

Health Solutions

Healing inflammation never tasted so good



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Turmeric is the ingredient in most curry powders that will stain your fingers, counters and plastic containers.

It has also been intensely studied and is widely accepted as a potent anti-inflammatory food. Inflammation is believed to be at the root (Get it? Turmeric is a root!) of many diseases like arthritis, dementia and heart disease. The bottom line is that you want more of the foods that reduce the pressure of living.

Adding turmeric daily is simple. It doesn't have a strong flavour and hides itself well in other spices.

- Add a pinch to your morning smoothie, and it will go relatively unnoticed by your taste buds.

- Include it in curried egg salad,

frittatas or omelettes.

- Sprinkle into your salad dressing for lunch.
- Stir in as an invisible but nourishing addition to red or yellow soups or tomato sauces.
- Mix into spice breads, muffins or even cookies

Turmeric is available as a supplement but it is also available as a powder that can be packed manually into empty gel capsules for 1/100th of the price. Ask your doctor before adding this, though. It can enhance the efficacy of other blood thinning drugs. It is just that good!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
12 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

FLASH FOOD



From your fridge to your table in 30 minutes or less

Fish, no matter how you slice it, is a superior protein. What fat it contains is the omega-3 good kind that lubricates your joints. Plus it is quick to cook.

The added bonus with this Pan-Fried Turmeric Fish is

that it is "breaded" in a whole wheat/turmeric coating.

Together, they create a crispy crust that is delicious, yes, but the real benefit is that turmeric is a potent anti-cancer spice that is also making good news headlines.

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix together turmeric, whole wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

4. Warm a large skillet over medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE**

IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 egg
- 2 tbsp turmeric
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white salt
- 1 lb catfish fillets or other firm white fish
- 1 tbsp butter
- 1 tbsp grapeseed oil

Turn peaty whiskey into a sensational sauce

Ingredients

Potatoes

- 1/2 cup chopped dates
- 2 cloves garlic
- 1 tbsp minced fresh rosemary
- 1/4 cup Scotch whisky (a particularly peaty variety is good)
- 1/2 tsp each salt and black pepper
- 1/4 cup balsamic vinegar
- 2 tbsp melted butter
- 2 lbs small potatoes, quartered
- 2 tbsp chopped fresh mint
- 3 scallions, thinly sliced

• 1/4 cup crumbled blue cheese Sauce

- 2 cups bourbon
- 3 tbsp tomato paste
- 1/3 cup natural peanut butter
- 2 tbsp soy sauce
- 2 tsp each honey and hot sauce
- 1 teaspoon each ground cumin, garlic powder, onion powder, smoked paprika
- 1/2 tsp each ground dry ginger and mustard powder

1. Heat the oven to 450 F. Line rimmed baking sheet with foil; coat with cooking spray.

2. In blender, combine dates, garlic, rosemary, whisky, salt, pepper, vinegar and melted butter. Puree until smooth.

3. In bowl, combine sauce and potatoes and mix until coated. Spread onto prepared baking sheet. Bake until browned and tender, 35 minutes. Transfer to serving dish. Sprinkle with the mint, scallions, and cheese.

Bourbon-Peanut BBQ Sauce

1. In saucepan over medium-high, whisk bourbon and tomato paste. Bring to boil and cook until reduced by half and thickened, 8 minutes. Whisk in the peanut butter, soy sauce, honey, hot sauce, cumin, garlic powder, onion powder, paprika, ginger and mustard powder. Return to a simmer and cook another 5 minutes. If a thinner sauce is desired, whisk in 1/3 cup water.

THE ASSOCIATED PRESS



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

LEARNING CURVE

Summer time doesn't mean you have to stop learning

The summer months are a great time to take a break from hitting the books — or are they? University and college students who burned the midnight oil studying during the previous eight months should think about continuing to exercise their brain during their downtime to make it easier to get back into the swing of things in September.

"Reading is like a muscle — if you don't use it, you lose it," says Margaret Eaton, the president of ABC Life Literacy Canada, a non-profit organization that inspires Canadians to increase their literary skills. "All it takes is 15 minutes a day of reading or engaging in a fun literacy activity to keep the mind active."

There are myriad ways to get a mental workout that don't involve studying. Here are a few:

COOK UP A STORM. Following a recipe is a fun way to practice reading, math and comprehension. The more complex the instructions, the better — and the more delicious the result.

PLAY BOARD GAMES. Games such as Scrabble help provide a mental workout and prompt players to regularly consult the dictionary, all in the name of some competitive fun.



SHUTTERSTOCK

WRITE, RESEARCH AND SCRAP-BOOK. If you're travelling or working at a summer camp, send postcards to family and friends. Before you set out on a trip, read

guidebooks and surf the Internet for information about your destination. Back at home, assemble a scrapbook of photos, ticket stubs and souvenirs.
— Jane Doucet

University offers applied programs with PACE

Grad demonstrates skills and industry knowledge in professional role



CONTRIBUTED

Tara Tazumi is putting the skills she learned to work in the emerging field of career development, a field that combines career counselling, job market research and organizational development.

As one of the inaugural graduates of the career development practitioner certificate at Winnipeg University, Tazumi is currently a civil servant working as a career development consultant.

"(Professional, Applied and Continuing Education) is a good option for professionals who need to update their skills or hone the ones they already have," says Tazumi.

"My course was very relatable and current to what I do in my profession."

Tazumi liked the part-time option as it allowed her to balance her school and work life.

She also embraced the online participation. "This helped me to stay informed on course assignments, feedback and my grades," says Tazumi.

"Since I work full-time, I liked the flexibility to do the assignments at my own pace." Learning online still allowed Tazumi face-to-face interaction with instructors and her classmates.

"It gave me the opportunity to practise my counselling skills through role plays and interactive activities," says Tazumi. "Practice and immediate feedback is paramount to the learning experience especially in my field of work."

For more information about this program at PACE, University of Winnipeg, visit pace.uwinnipegcourses.ca.

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Loads of options in massage therapy

Robertson program includes clinical work

A career in massage therapy is not limited to just one working environment, but is a career with a number of challenging and exciting opportunities.

At Robertson College, the massage therapy program prepares students to work as health-care professionals, not just spa workers.

"Our students will receive extensive training in the management of acute and chronic injuries, chronic disease, the maintenance of health and wellness, and reduction of the symptoms of stress and anxiety," says Emah Christiansen, RMT, and program co-ordinator for the massage therapy program at Robertson College.

"They will understand how unique and important their work is, and they will use their hands to facilitate health in a world that is afraid to touch."

This program is 2,200 hours in length and students will learn about anatomy, physiology, pathophysiology, kinesiology, neuroanatomy, orthopedic assessment, research methodology,

MEMBER OF THE CANADIAN COUNCIL

Robertson College is a recognized member of the Canadian Council of Massage Therapy Schools and adheres to national standards and learning outcomes in anticipation for a national accreditation process.

For more information call 204-800-7933, or visit robertsoncollege.com.

ethics and human relations, nutrition, and pharmacology.

They will also study therapeutic techniques for treatment such as: joint mobilizations, neuromuscular techniques, connective tissue techniques, Swedish technique, trigger point therapy, and many more.

At the end of the program, students will take part in hands-on work experience at one



CONTRIBUTED

of the massage therapy 'clinics' in Winnipeg.

"They will graduate feeling prepared to support their chosen client population with both the hands-on techniques and knowledge," says Christiansen.

Upon completing the program, graduates may go on to pursue careers as massage

therapists working in multidisciplinary clinics along side physiotherapists and chiropractors.

There are also many other different paths to choose, from owning your own clinic or working out of your home, at a spa, to working with sports teams or internationally.

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Call 204.800.7933 or visit www.robertsoncollege.com to get started.

Small classes allow for personal learning

One job interview led to pursuit of education

What started out as a job interview for Laninia Higheagle has now led her down a whole new path towards higher education.

Higheagle first walked into Patal Vocational Schools hoping to get a job as a receptionist, but ended up enrolling in the business accounting program.

Higheagle had previously been enrolled at the University of Manitoba in the nursing program, but left school after her first year when she found out she was pregnant with her third child.

She decided not to return to the program because she found the large classes and university atmosphere to be overwhelming.

"It was very intimidating and a struggle for me," says Higheagle.

After spending very little time volunteering at Patal, she quickly discovered it was the perfect place for her to seek out further education.

"The classes are very small and you really get that one-on-one attention if you need it," says Higheagle.

Higheagle is now at the end of her one-year

CONNECT WITH PATAL ON FACEBOOK

Patal Vocational Schools invites you to check out their newly designed website at patalvocational.com.

To connect with them further, be sure to check out their Facebook page to see the latest happenings at the school and even find fabulous recipes in their new 'recipe box.'

program and is currently finishing up the remainder of her work placement at Patal, where she is working as administrative support.

"This is the perfect place to do my work experience," says Higheagle.

"They really test your multi-tasking skills and I really get that reality check."

Once Higheagle completes her program, she hopes to gain a summer internship with the City of Winnipeg and says her end goal is to



CONTRIBUTED

secure employment with the city in the future.

"The extra education will help me to be able to support my children by helping me to get a career that is a steady nine-to-five," says Higheagle.

Patal graduates boast a 90-per-cent placement into jobs, with Patal offering long-term

support for employment assistance — including resumé writing.

Continuous intakes for all programs are available throughout the summer, so any time is a great time to enrol.

For more information call 204-944-8202, or visit patalvocational.com.

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Build skills to succeed.
Add 10 months of hands on training.
Work experience to finalize the details.

Add it all together to create a successful future.



A DIFFERENT SCHOOL OF THOUGHT

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patalvocational.com

If you are interested in the legal profession...

Herzing College offers legal assistant program

For individuals who are organized, detail-oriented and are able to think logically and analyze information, a career as a legal assistant may be for you.

The legal assistant program at Herzing College offers individuals the chance to train for a career in the legal field and gain the skills and knowledge needed for entry-level legal assistant positions.

"This program has been designed for anyone that is interested in a career in legal," says Jenna Boholij, marketing and admissions co-ordinator at Herzing College's Winnipeg Campus.

"Some students may work as a legal assistant while pursuing additional schooling as a lawyer."

Legal assistants are a vital member to any legal team and work along side lawyers to help draft contracts, mortgages, separation agreements, and trust instruments.

"This program provides an overview of legal principles, practices and procedures," says Boholij.

SOARING HIRE RATE

Herzing legal assistant graduates have a high employment success rate.

In 2013, 23 graduates available for employment all have been employed in the related field.

Some of the recent employers of Herzing graduates include Great West Life legal department, Selby Law Office, Winnipeg Law Courts and Queen's Bench Trial Division.

"Areas of study include legal office procedures, word processing, legal theory, and the practical application of legal assistant/secretary responsibilities."

The program also includes a four-week internship component, where students are about to put their skills to use in a legal office environment.

Graduates of this program can work in any type of office with a legal department and



CONTRIBUTED

these professionals can be found in all types of organizations from law firms, corporate legal departments, to government offices.

For over 40 years, Herzing College in Winnipeg has been recognized as a leader in high quality, credible training for market-driven programs, such as the legal assistant program.

"Our campus works closely with top local and regional employers to ensure that

Herzing programs encompass the skills and knowledge needed for our students to succeed at the next level," says Boholij.

"Our career development department provides students with the training and employment resources they need to successfully find employment."

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Power up a career in engineering

The power engineering — 5th class at Red River College is a five-month, full-time, day program and contains different components designed to prepare the student as a 5th class power engineer.

“Red River College is unique in that it offers a full-time 5th class power engineering course with the qualified work experience built in,” says Tom Phillips, lead instructor, power engineering — 5th class.

“It can be considered a one-stop-shop for becoming a 5th class power engineer.”

INFORMATION SESSIONS UPCOMING

To see if power engineering – 5th class is right for you, be sure to check out the upcoming information sessions on July 8, and Aug. 19. RRC faculty and instructors will be on hand to answer any questions about the program.

Phillips says power engineering has five different classes and this program helps to support and prepare students who are looking for employment at the 5th class level.

He says generally, the higher the level, the larger or more complex the system or plant; 1st class power engineers are those who work in environments such as large industrial and nuclear plants.

A 5th class power engineer may find work in smaller heating plants such as government and commercial buildings and small processing plants.

In Manitoba, 5th class deals with the management of boiler and steam plants and systems.

“5th class power engineering can be a good entry point into the field for those who are unfamiliar with it,” says Phillips.

Throughout the program, students will learn to describe the underlying operating principles and concepts of the different equipment and processes in a typical 5th and 4th class plant.

Visit rrc.ca/pow.



CONTRIBUTED



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→ A Career as a 5th Class Power Engineer Awaits!

Power Engineers are responsible for operating and maintaining boilers and related mechanical equipment that provide light, heat, climate control or power for buildings and industrial processes. In Manitoba and Western Canada, a 5th Class Power Engineering Certificate is required to operate regulated boilers.

Our Power Engineering - 5th Class program will provide you with the knowledge and hands-on experience required to write the interprovincial exams to become certified.

Learn more about the program and career opportunities at these upcoming information sessions:

Dates: July 8 and August 19, 2014
Time: 7:00 pm - 8:30 pm
Location: White Lecture Theatre (GM42),
 2055 Notre Dame Ave.

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/pow

‘Sense of family’ sets Wellington College apart

Massage program exceeds most associations’ requirements

With only one intake per year for the full-time remedial massage therapy program at Wellington College, now is the time to start your journey down the path to a career as a massage therapist.

“We have found that one enrol-

ment allows us to focus on one group of students at a time, creating more of a sense of family as they work together as a single body through the program,” says Leanne Thiessen, admissions coordinator at Wellington College.

“It’s that sense of family, of community, which sets our college apart and which we believe is a core reason for the success of our students going through the program.”

This program is a two-year, full-time diploma program dedicated to the study of massage for both relaxation and therapeutic purposes.

Year one is dedicated to establishing a foundation in massage, with relaxation as a focus, while year two builds on this groundwork with the assessment and treatment of musculoskeletal dysfunctions.

Upon completing the program, graduates will have completed 2,550

hours of training, which exceeds the requirement for entrance into most massage associations.

“Massage therapy is an expanding field, and 95 per cent of our students completing the program have a job even before they graduate,” says Thiessen.

“There are more job opportunities for massage therapists that can be filled, with ample opportunity to begin your own business or to work in a variety of places: massage therapy clinics, spas, cruise ships, overseas, physiotherapy or chiropractic clinics, wellness institutes, with sports teams, and many more.”

Applications for the Aug. 18 start date are now being accepted.

For more information about the program or enrolment, call Thiessen at 204-957-2402, or visit wellington-college.com.



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or visit massagetherapycareers.ca

WTC the right choice for award winner

For Winnipeg Technical College production art student Matt Szurnicki, his passion for the arts is finally starting to pay off, literally.

As the winner of the Association for Canadian Community Colleges (ACCC) national logo design contest for the Colleges and Institutes Canada rebranding, Szurnicki is walking away with a cool \$5,000 and more importantly, validation for his choice of career and school.

"Before enrolling at WTC, I had always been a creative person, writing short stories, and doodling a lot in the margins of notepads," says Szurnicki.

After completing high school, he attended the University of Winnipeg, but found it was not the right fit for him.

"University didn't really work out for me, so I went back to the workforce for about three years, practising any artistic interests strictly as hobbies," says Szurnicki.

Then when a friend had recommended WTC, he discovered the production art program, which fit all of his needs for pursuing a career in graphic design.

GRADS SUCCEED

Production art offers students training in design, prepress, printing, bindery and finishing, as well as digital, flexography and lithography print processes.

Production art students succeed in finding employment in many different segments of the printing industry from graphic design studios to large and small printing houses.

"I've since grown quite the to-do list, with most of it covering writing and illustration for a few comic books I've been working on," says Szurnicki.

"There's a graphic novel in there somewhere, too."

He can now add his new winning logo to the portfolio as well.

Jan Hamilton, graphic art instructor at WTC, says the contest just happened to fall during the same time she was teaching her company branding lesson.



CONTRIBUTED

"It was only coincidental timing," says Hamilton.

"I thought the contest aspect would make the lesson more exciting."

She says production art students are trained to create art that will eventually be on everyday products, from design concept

to the printed piece.

"Many people are also not aware that printing is the forth largest industry in Manitoba," says Hamilton.

"The program empowers students to take their art and produce a 'sellable product.'" Visit wtc.mb.ca for information.

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Northwest knows law enforcement

With students coming from all over the country to enrol in the law enforcement and safety diploma program at Northwest Law Enforcement Academy, it's no wonder they have a highly credible and respected reputation, among one of the best academies in Canada.

The instructors at the academy are made up

of retired law enforcement professionals from the RCMP, police, Canadian Border Services and Corrections, and understanding of the changing demands on the industry.

"Opportunities in the law enforcement field sector are expanding as the baby boomer generation is beginning to retire and the timing has never been better for those looking to enter this sector," says Victor Popow, CEO at Northwest Law Enforcement Academy.

This 640-hour-long intensive diploma program prepares those looking to get into law enforcement, whether it be in police, RCMP, First Nations police, sheriffs officers, corrections, Canadian Border Services, bylaws officer and security firms.

Emergency communicators needed in a growing field

The new emergency service communicator program at Northwest Law Enforcement Academy is designed specifically for those people who wish to serve in the growing field of emergency service communicators for police, RCMP, Fire Paramedics Services, government services, provincial 911, CAA and security firms.

"The majority of the materials presented are unique and apply only to an emergency communicators career," says Victor Popow, CEO at Northwest Law Enforcement Academy.

Students learn a variety of skills necessary for a career in emergency services, from conflict resolution, problem solving and effective communication, to regulatory-related influences and the protocols necessary for handling police and fire paramedic incidents.

"It's increasingly costly for organizations to provide such unique and specific training so they would much rather hire a person who has the necessary requisite skills ready to enter the field," says Popow. Visit northwestlaw.ca.



CONTRIBUTED PHOTOS



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by another scheduled for
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Tony Gwynn

Mr. Padre dies of oral cancer

Tony Gwynn, the Hall of Famer with a sweet left-handed swing who spent his entire 20-year career with the Padres and was one of the game's greatest hitters, died of cancer Monday. He was 54.

Gwynn, a craftsman at the plate and winner of eight batting titles, was nicknamed "Mr. Padre" and was one of the most beloved athletes in San Diego.

He attributed his oral cancer to years of chewing tobacco. He had been on a medical leave since late March from his job as baseball coach at San Diego State, his alma mater. He died at a hospital in suburban Poway, agent John Boggs said.

Gwynn had 3,141 hits, a career .338 average and won eight NL batting titles.

THE ASSOCIATED PRESS

Jimmy Kimmel Live

New York City mayor owning up to lost bet

The mayor of New York City was scheduled to sing I Love L.A. on Jimmy Kimmel Live to settle a Stanley Cup bet.

The Kimmel show said Mayor Bill de Blasio was also to treat a studio audience in Los Angeles to New York City hot dogs on Monday night.

He made the hockey bet with Los Angeles Mayor Eric Garcetti. THE ASSOCIATED PRESS

Michael Schumacher

F1 great out of coma, leaves French hospital

Nearly six months after sustaining serious head injuries in a skiing accident, seven-time Formula One champion Michael Schumacher left a French hospital on Monday and was transferred to neighbouring Switzerland to continue his recovery.

Schumacher "is not in a coma any more," his manager, Sabine Kehm, said in a brief statement announcing that the German driver had left the Grenoble University Hospital, where he had been treated since his accident Dec. 29.

THE ASSOCIATED PRESS



All hail the Kings! Fans shower Stanley Cup champs with California love

Kings captain Dustin Brown carries the Stanley Cup in downtown Los Angeles on Monday. After riding nine double-decker buses and a flatbed truck during the celebratory parade, the team gathered for a rally at Staples Center, where they polished off the New York Rangers on Friday in Game 5 of the championship round. The title was the Kings' second in three seasons. Scan the image with the Metro News app to see the Kings party with the Stanley Cup.

KEVORK DJANSEZIAN/GETTY IMAGES

Bombers stick with Canadians for kicks

CFL. Import Maher released as Renaud will be counted on for punts, Hajrullahu for field goals and kickoffs

Two is better than one for the Winnipeg Blue Bombers this season when it comes to kickers, at least when they're both Canadians.

Coach Mike O'Shea says they opted to stick with veteran Mike Renaud for punting and go with Canadian newcomer Lirim Hajrullahu for field goals and kickoffs.

He says American Brett Maher was pretty much in a tie with the Canadians, and as an import he needed to win all three battles.

"I said all along in that bat-



Blue Bombers punter Mike Renaud THE CANADIAN PRESS FILE

tle he had to win the job outright in all three phases and I think he drew even in all three phases," he said Monday after Maher was released.

"I think it was a pretty even draw ... And the way our

roster shapes up, that wasn't necessarily good enough."

But he says Maher is a quality kicker who should find a home if anyone watched what he did with the Bombers.

Renaud is entering his

Additional cuts

The Bombers cut veteran Canadian offensive lineman Chris Kowalchuk on Monday. He was entering his sixth season, although he had only played a total of six games over the last two.

- They released three rookies as well: Canadian running back Errol Brooks and a pair of imports, receiver C.J. Tarver and linebacker Kenny Tate.

sixth season with Winnipeg. Rookie Hajrullahu is a native of St. Catharines, Ont., whose 402 points and 72 field goals are records at Western, where he played for the Mustangs through 2013.

THE CANADIAN PRESS

Ankle injury costs Newman regular season

Winnipeg Blue Bombers linebacker Graig Newman will miss the entire regular season after suffering a serious ankle injury in a pre-season game over the weekend.

Newman will undergo surgery Monday after dislocating and fracturing his ankle in a 23-20 loss to the Calgary Stampeders on Saturday night.

"Graig is not only a great football player, but a great person, and our entire organization supports him throughout this process," general manager Kyle Walters said in a release. "We look forward to him beginning rehab and returning to the field as soon as possible."

Newman, a six-foot-one, 195-pound native of Langley,

B.C., had 18 tackles and one sack last season with the Saskatchewan Roughriders. He also had one punt return for seven yards.

"This is obviously very disappointing as I was really looking forward to being a part of all the new things going on in the Blue Bomber organization," Newman said.

THE CANADIAN PRESS



Graig Newman tackles the Argos' Terrell Sinkfield on June 9.

TREVOR HAGAN/THE CANADIAN PRESS

4 SPORTS

Payback. Ousted twice by Ghana, U.S. wins at last

Clint Dempsey scored one of the fastest goals in World Cup history and John Brooks scored the game winner on a header in the 86th minute of a 2-1 U.S. victory over Ghana, which had knocked the Americans out of the previous two World Cups.

Dempsey's goal came on a low shot just 32 seconds into the match. The lead held until Ghana's Andre Ayew levelled in the 82nd minute. Ayew's goal appeared to have stolen the victory from the U.S., until Brooks' goal off a corner from Graham Zusi. **THE ASSOCIATED PRESS**



U.S. forward Clint Dempsey
GETTY IMAGES

Outside the stadium

Protesters burn U.S. flag ahead of Biden's arrival

Demonstrators burned a U.S. flag near the stadium in northern Brazil, where Vice-President Joe Biden was scheduled to attend the U.S. soccer team's opening World Cup match Monday evening.

THE ASSOCIATED PRESS

Unrest in Rio

Shootings under investigation

Two police officers who allegedly fired live rounds during an anti-World Cup protest during the Argentina-Bosnia game on Sunday in Rio de Janeiro are under investigation and on administrative leave, authorities said Monday.

THE ASSOCIATED PRESS

The 13th game. Nigeria and Iran deliver the World Cup's first draw

Nigeria and Iran delivered the first draw of the World Cup on Monday as they ground out a scrappy 0-0 stalemate in their opening match in Group F.

The draw at the Arena da Baixada in the southern Brazilian city of Curitiba followed 12 mostly high scoring and attacking games.

After a first half in which Nigeria failed to capitalize on its dominance, chances were few and far between in the second.

Players from both sides snatched at chances, and neither goalkeeper was troubled despite some frantic late pressure in the final minutes.

THE ASSOCIATED PRESS

German rout screams 'favourites' all over

Imposing 4-0.

No. 4-ranked Portugal, Ronaldo and all, easy prey for the Mannschaft's power

Thomas Mueller scored a hat trick as Germany turned on its style and power to rout 10-man Portugal 4-0 in their World Cup Group G opener on Monday.

Mueller, who scored five goals in the 2010 World Cup, was ruthless against a weak Portugal team that was clearly outplayed despite the presence of Cristiano Ronaldo.

"To score three goals in the World Cup opener against such an opponent is great," Mueller said.

With Chancellor Angela Merkel supporting in the stands, the German team celebrated its 100th World Cup match with a rousing victory that was virtually assured by halftime.

"After 20 minutes, we looked up at the clock and thought it was going to be a long day," Mueller said. "But we got into the match very well and when you lead by 2-0 in this heat and then even get the third, it was all over."

Overwhelmed

"We lost the game already in the first half."

Portugal coach Paulo Bento lamenting the 3-0 score his team took the dressing room at the end of the first half.



Germany's Thomas Mueller kicks the ball into the Portugal net to score his side's third goal during the teams' Group G World Cup soccer match at the Arena Fonte Nova in Salvador, Brazil, on Monday. NATACHA PISARENKO/THE ASSOCIATED PRESS

Germany always aims to have an impressive start and it certainly did this time. Four years ago, it started with a 4-0 win over Australia and reached the semifinals.

What must be worrying for Germany's opponents is the apparent ease with which Joachim Loew's lineup disposed of the fourth-ranked team in the world. Germany next faces Ghana on June 21 and the United States on June 26.

Germany coach Joachim Loew said his team implemented his game plan very



well, winning the ball in midfield and then quickly attacking.

Mueller scored on either side of Mats Hummels' headed goal as Germany took a 3-0 lead at the break, and added

his third goal in the 81st.

Ronaldo started at Arena Fonte Nova after overcoming a knee injury. He faded after threatening early in the match, including a shot from a break that Germany goalkeeper Manuel Neuer could only block, but there was nobody from Portugal to pounce on the rebound.

"We lost the game already in the first half," Portugal coach Paulo Bento said. "We couldn't come back in the second. Germany played very well, we couldn't do anything." **THE ASSOCIATED PRESS**

Gibbons may be doing something right this time



Toronto Blue Jays manager John Gibbons GETTY IMAGES

Toronto Blue Jays manager John Gibbons was holding court with reporters in his office before a recent home game when a longtime scribe poked his head in the door.

"Gibby, are you smart again?" he joked, as the veteran skipper let out a roar.

"No, definitely not," Gibbons replied with another hearty laugh.

He may not want to take the credit, but Gibbons is doing something right this season. In a remarkable turnaround from a deflating 2013 campaign, he

has guided the Blue Jays to the top of the American League East division standings.

Gibbons has appeared to use the same style when his team is struggling or in peak form.

Rarely without a big wad of chewing tobacco tucked under his lip, he's quick with a smile and is as laid back as they come. With over three decades of experience in the sport, he knows not to get too high when times are good or too low when they're not.

"I don't think I'm doing anything differently or trying

to be anybody different," Gibbons said in a recent interview. "I don't know if I could. We're just playing better."

"Nothing has changed. We're just playing better."

Gibbons has helped the Jays become one of the surprise stories in Major League Baseball.

"I have confidence in this team," he said. "I knew we were better than we played last year and then we felt there were some reasons we didn't play well last year and we were holding on to that fact."

THE CANADIAN PRESS

Jays in the upswing

General manager Alex Anthopoulos stuck with Gibbons despite a 74-88 campaign in 2013. Currently the Jays hold a 41-30 record.

- Toronto made its move with a 21-9 record in May.
- Only Oakland (42) and San Francisco (43) have posted more wins.

Horoscopes

♈ Aries

March 21 - April 20

You may be a bit moody today for no apparent reason. Yes, OK, certain things have not worked out the way you anticipated but it's hardly the end of the world, so keep things in perspective.

♉ Taurus

April 21 - May 21

Why are some people so negative? It seems that the more ideas and suggestions you come up with the more reasons they find to reject them. Go it alone for a while.

♊ Gemini

May 22 - June 21

The harder you work the less you seem to get done, which is frustrating because you can sense that time is running out. The problem seems to be that you have neglected a number of small but important details.

♋ Cancer

June 22 - July 23

If you change something that does not appear to be working today chances are you will regret it come the weekend when the sun moves into your birth sign. You really don't need to change a thing.

♌ Leo

July 24 - Aug. 23

Others may be talking about you – and what they are saying is unlikely to be flattering – but what of it? You are big enough and bold enough to shrug it off and keep moving forward.

♍ Virgo

Aug. 24 - Sept. 23

If you see that a friend or relative needs help then step up to the plate and do what you can for them. Some people find it hard to ask for assistance – they think it's a sign of weakness.

♎ Libra

Sept. 24 - Oct. 23

You are worrying about something that most other times would not bother you in the slightest – thanks to Mercury, planet of the mind, going through one of its negative phases. Snap out of it.

♏ Scorpio

Oct. 24 - Nov. 22

It will pay you to be skeptical today, especially when dealing with people who in some way or other depend on your generosity. Whatever it is they suggest make sure the figures add up.

♐ Sagittarius

Nov. 23 - Dec. 21

Your self-confidence could take a bit of a dive today, even though your circumstances have not changed at all. Everyone goes through a down phase once in a while, so don't attach too much importance to it.

♑ Capricorn

Dec. 22 - Jan. 20

Ignore people who say that certain things cannot or should not be done. If you feel that a course of action is right for you then there is nothing more that needs to be said.

♒ Aquarius

Jan. 21 - Feb. 19

It's not like you to be negative but you seem to believe that a creative activity of some kind is no longer worth the effort. You're wrong.

♓ Pisces

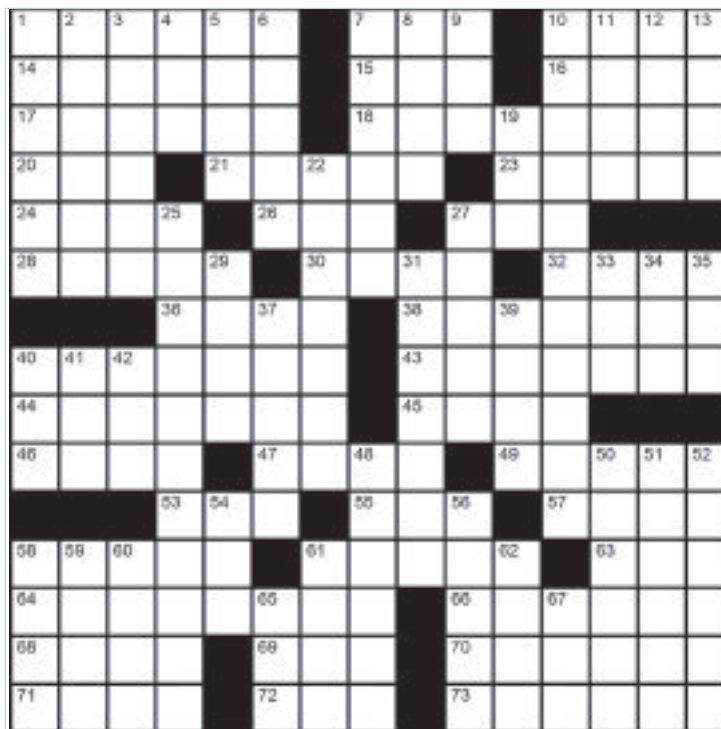
Feb. 20 - March 20

A friend is clearly being economical with the truth and no doubt that makes you mad. Before you snap at them ask yourself what their motive might be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Winnipeg: Old ____ Square
7. ____ Vegas
10. Lady's address
14. Fabric's fold
15. 'Percent' suffix
16. Moisturizer ingredient
17. Basketball legend Julius
18. Points of view
20. Mr. Wheaton
21. Planting product
23. Prefix with 'arthritis'
24. Profess
26. Almond
27. Li'l life story
28. "Buffalo Stance" by ____ Cherry
30. Beatles: "I ____ film today..."
32. Depilatory brand
36. Agnus ____ (Mass prayers)
38. Ridiculous
40. Toronto: Rogers Centre's original name
43. Formed a queue: 2 wds.
44. Hair dye brand
45. Carte du jour
46. "No thanks, ____ a diet."
47. Sea lettuce
49. Not hidden
53. Capture
55. Sleeve
57. ...happily ____ after.
58. Wise-one's saying
61. Ritual site, perhaps



63. Eggs, scientifically
64. Swimsuit style
66. Put into peril
68. Keep ____ profile
69. Docs
70. "It's so hot ____!" (Crank up that air conditioning!)
71. ____Air (Kitchen appliance brand)

72. British poet, Henry James ____
73. Rids

Down

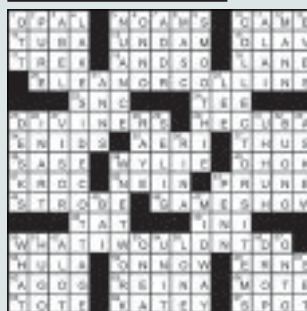
1. Food Network Canada chef, Mark ____
2. Land
3. Makeup maker
4. Trombonist Mr.

- Winding
5. Medieval labourer
6. Sara's songstress sister
7. Actor Ray
8. Numerical ord. opposite
9. Six: Italian
10. Montreal's founder, Paul de

- Chomedey de ____ (b.1612 - d.1676)
11. Frequently: 2 wds.
12. First-rate
13. 'Middle'-meaning prefix
19. "____, _ insist!"
22. Canadian judge Mr. Peters on NBC's "Last Comic Standing"

25. Vera Wang creation: 2 wds.
27. Great jazz Count
29. "Is it a '____' a 'she'?" (Human's query upon meeting a new dog)
31. American store in Canada
33. Assistance
34. Shiba ____ (Dog breed of Japan)
35. Sales pro
37. Poker: Folding-one's statement: 2 wds.
39. Never! = ____ way, shape or form!
40. ____Fi
41. Airline to Amsterdam
42. Former-NBAer, ____ Ming
48. Overnight+bag
50. Calls forth
51. Go back to a former way
52. Toronto Stock Exchange actions
54. "Snake!"
56. As per #10-Down... Ville-____ (1642-founded colony at present-day Montreal)
58. Music key, ____.
59. Bananas brand
60. Nameless [abbr.]
61. Mr. Travis, WKRP employee
62. Finger jewellery
65. Rapscallion
67. "Murder, ____ Wrote"

Yesterday's Crossword

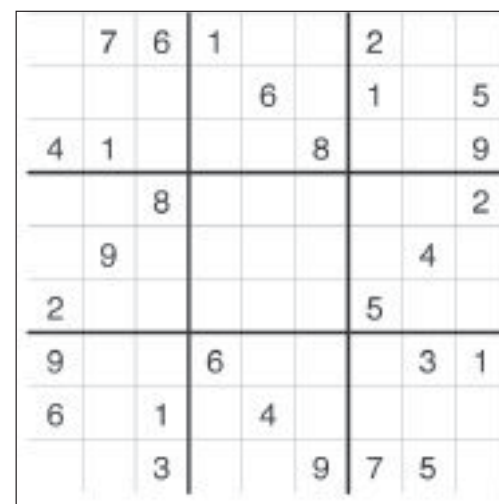


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TUESDAY



MAX: 22°
MIN: 11°

WEDNESDAY



MAX: 26°
MIN: 14°

THURSDAY



MAX: 22°
MIN: 16°



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